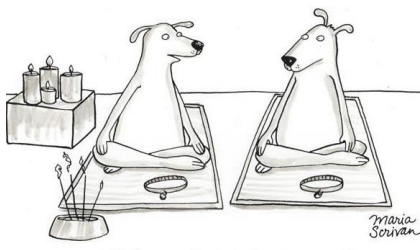
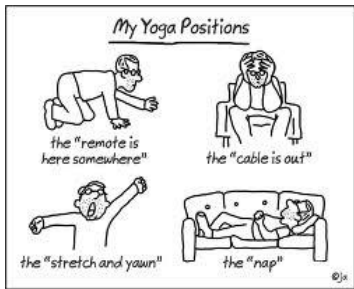


Open
Your
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"The key to meditation is learning to stay."



Cat Yoga



Sofa Salutation Pose



<https://www.youtube.com/watch?v=VI-BbATfLXo> 6 minute intro to Adrienne and Yoga.

<https://www.youtube.com/watch?v=CITc2AxYnPY> 16 minutes. It's a cartoon of all standing positions.

<https://www.youtube.com/watch?v=v7AYKMP6rOE> Beginning Yoga 24 minutes.

We'll do this or else do one of the following cartoons:

<https://www.youtube.com/watch?v=dnUAOKZxsbl> (ALL SITTING POSES)

<https://www.youtube.com/watch?v=m5AXVQ9OyMo> (ALL LYING DOWN POSES)

<https://www.youtube.com/watch?v=eCHrcq5wRY> or use this one if you have only 3 1/2 minutes. It's a cartoon that introduces the other Yoga cartoon guidances above.

We'll do some simple Yoga in class

We'll write.

We'll breathe.

We'll share our reflections in class or in poems. I'll share Yoga inspired poems from previous students.

NB: We (that includes me, for sure) may feel impatient more than once during all or some of these activities. We'll just have to get over it and go with the flow. We move too fast and without awareness or reflection way too often in our 21st century society. Part of the arts of language arts is learning how to sense and reflect in reading, writing, and in living. A few of the "This I Believe" essay spoke to this. Thank you to the students who shared those essays.

WESTERN YOGA POSES

